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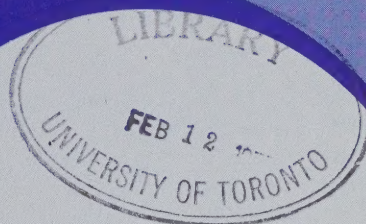
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VARIETY FARE

Program Notes







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### Variety Fare

is a television series for people who like to do things--cook, make candles, garden, refinish furniture, sew, decorate cakes, keep fit--and find out about things--skin care, pet care, bicycle safety, finding a good doctor, re-education for women.

### Variety Fare

was produced by Robert Lawrence Productions, in co-operation with The Ontario Educational Communications Authority. OECA's Education Supervisor for the series was Mary Pratt.

Names, addresses and telephone numbers of some of the people who appeared on Variety Fare, and their recipes and remedies, are included in this free booklet.

Entries are listed alphabetically, by subject.

### A.

#### Apartment Gardening

Mr. Art Drysdale gives instructions to the High Rise Garden Club, which meets once a month in the Civic Centre, Edwards Gardens. Civic Club membership is open and costs \$5.00 a year. Additional courses are offered in horticulture and flower arranging. A shop, library and phone-in service are maintained for people who need gardening advice.

Telephone 445-1552

### B.

#### Bicycle Safety

Police Constable Marten of the Metropolitan Toronto Police Department appeared on Variety Fare to discuss this vital topic. The Toronto Police will provide a page outlining rules and regulations regarding bikes; the Ontario Department of Transport and Communication, Queen's Park, also has literature on bicycle safety.

Telephone 362-1711

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### Board Art

Mrs. L. Smythe teaches craft courses with her daughter at Centennial Community College. She is associated with the Guildwood School of Arts and Crafts and she teaches a "keep fit" course in adult education for the North York Board at Thornhill Secondary School.

### Board Art

Equipment: Scissors, compass, hammer, tracing paper, pencil, ruler.

Materials: Plywood  $\frac{1}{2}$ " thick, burlap, bouclé knitting yarn (or crochet cotton), about 1-oz. skein of each colour, brass escutcheon pins  $\frac{5}{8}$ " long or  $\frac{1}{2}$ " finishing nails, 36 for each circle, masking tape, scraps of felt, small screw eyes, picture wire, all-purpose glue.

Directions: Cover one side of plywood with burlap. Turn excess burlap to back and tape securely (or glue it down). Mark desired size circles on cardboard and make 36 equally spaced dots around edge of circle. Place circle in position on burlap and hammer a nail into plywood at each dot. Remove cardboard circle. Number nails from 1-36 with 1 at centre right - use a bit of tape alongside each nail to mark number. Using 4 different colours of yarn for each circle as given in individual directions, work as follows:

#### Colour 1

Tie yarn at nail 1, then go across to 11 and around 10, across to 36 around 35, across to 9 around 8, continue in same manner to 34, 33/ 7, 6/ 32, 31/ 5, 4/ 30, 29/ 3, 2/ 28, 27/ 1, 36/ 26, 25/ 35, 34/ 24, 23/ 33, 32/ 22, 21/ 31, 30/ 20, 19/ 29, 28/ 18, 17/ 27, 26/ 16, 15/ 25, 24/ 14, 13/ 23, 22/ 12, 11/ 21, 20/ 10, 9/ 19, 18/ 8, 7/ 17, 16/ 6, 5/ 15, 14/ 4, 3/ 13, 12/ 2 and tie yarn at 1.

#### Colour 2

Tie yarn at 3, then go to 15, 16/ 4, 5/ 17, 18/ 6, 7/ 19, 20/ 8, 9/ 21, 22/ 10, 11/ 23, 24/ 12, 13/ 25, 26/ 14, 15/ 27, 28/ 16, 17/ 29, 30/ 18, 19/ 31, 32/ 20, 21/ 33, 34/ 22, 23/ 35, 36/ 24, 25/ 1, 2/ 26, 27/ 3, 4/ 28, 29/ 5, 6/ 30, 31/ 7, 8/ 32, 33/ 9, 10/ 34, 35/ 11, 12/ 36, 1/ 13, 14/ 2 and tie yarn at 3.

#### Colour 3

Tie yarn at 5, then go to 21, 22/ 6, 7/ 23, 24/ 8, 9/ 25, 26/ 10, 11/ 27, 28/ 12, 13/ 29, 30/ 14, 15/ 31, 32/ 16, 17/ 33, 34/ 18, 19/ 35, 36/ 20, 21/ 1, 2/ 22, 23/ 3, 4/ 24, 25/ 5, 6/ 26, 27/ 7, 8/ 28, 29/ 9, 10/ 30, 31/ 11, 12/ 32, 33/ 13, 14/ 34, 35/ 15, 16/ 36, 1/ 17, 18/ 2, 3/ 19, 20/ 4 and tie yarn at 5.

#### Colour 4

Tie yarn at 7, then go to 25, 26/ 8, 9/ 27, 28/ 10, 11/ 29, 30/ 12, 13/ 31, 32/ 14, 15/ 33, 34/ 16, 17/ 35, 36/ 18, 19/ 1, 2/ 20, 21/ 3, 4/ 22, 23/ 5, 6/ 24, 25/ 7, 8/ 26, 27/ 9, 10/ 28, 29/ 11, 12/ 30, 31/ 13, 14/ 32, 33/ 15, 16/ 34, 35/ 17, 18/ 36, 1/ 19, 20/ 2, 3/ 21, 22/ 4, 5/ 23, 24/ 6 and tie yarn at 7.

Use screw eyes and picture wire for hanging.





### Bread Dough Flowers

Mrs. S. Wilkins teaches classes in candlemaking at Mooredale House, Belmar Studios and Lewiscraft.

Telephone 363-5206

### Bread Dough Moulding Clay

Remove crusts from 3 slices fresh white bread and break bread into pieces. Add 3 tablespoons Elmer's glue. Add 1 teaspoon glycerine. Work into smooth clay and separate into different amounts according to colours you will use. Work in poster paint or food colouring. Store in plastic bag in refrigerator.

C.

### Cake Decorating

Peter Rood teaches a course at Seneca College. He can also be reached at Rood's Pastry Shop, 2620 Yonge Street, Toronto 12.

### Candle Making

See Bread Dough Flowers entry above.

### Cooking

These people demonstrated their recipes and techniques on the Variety Fare series.

Mr. Arthur Buck teaches an eight-week course called "Everything you always wanted to know about meat and didn't know who to ask" at George Brown College. He also teaches a twenty-week retailers' course.

Telephone 362-3971

Mrs. D. Duncan demonstrated pioneer baking on Variety Fare and discussed the pioneer kitchen. Some of her recipes are given below. Mrs. Duncan's address is 155 Upper Canada Drive, Willowdale, Ontario.

### Currant Scones

2 scant cups flour  
2 tablespoons sugar  
3 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt

$\frac{1}{2}$  cup cold butter  
 $\frac{1}{3}$  cup dry currants  
1 egg  
 $\frac{1}{2}$  cup milk





Currant Scones, contd.

Combine flour, sugar, baking powder and salt. Cut in butter until mixture has consistency of coarse cornmeal. Stir in currants. Beat egg and add milk. Pour over surface of flour mixture and mix lightly to form soft dough. Turn out on lightly floured surface and knead gently about 15 times. Shape into a ball and pat or roll to an 8" round, about  $\frac{1}{2}$ " thick. Cut into 8 even wedges. Place wedges (not touching) on ungreased sheet or pan. Brush with lightly beaten egg or any leftover egg and milk mixture. Bake in hot oven (425°) until golden brown -- about 12 - 15 minutes.

Forcemeat

In a mixing bowl combine about 1 cup bread crumbs, 1 onion minced in mortar and pestle, and leftover meat (pork, beef or ham), also minced in mortar and pestle. Add whatever seasonings are on hand: about  $\frac{1}{2}$  teaspoon each of salt, pepper, parsley, tarragon, marjoram, thyme, basil, garlic, chives. Bind the mixture with one or two eggs as needed. Shape into small circles and brown on the griddle, turning gently with a knife.

Indian Pudding Served Up With Hot Rum Sauce

4 cups milk	$\frac{3}{4}$ teaspoon cinnamon
$\frac{1}{3}$ cup molasses	$\frac{1}{4}$ teaspoon nutmeg
$\frac{1}{3}$ cup brown sugar	1 teaspoon salt
$\frac{1}{2}$ cup corn meal	4 tablespoons butter

Heat milk and add molasses, sugar, cornmeal, salt, spices and butter. Cook and stir until mixture thickens. Pour into well-greased baking dish and bake in a slow oven (300 degrees) for about 3 hours. Serve warm with sauce.

Hot Rum Sauce

4 tablespoons butter	1 cup water
1 cup brown sugar	$\frac{1}{4}$ cup rum
2 tablespoons whole wheat stone-ground flour	

Brown butter, sugar and flour, and add water slowly, stirring as it thickens. Remove from heat, add rum and beat until smooth. Serve immediately.





Wafers

2 scant cups flour  
 1 teaspoon cinnamon  
 1 cup sugar  
 1/8 lb. butter

1 beaten egg yolk  
 1/4 cup brandy  
 a few drops of water to make  
 a very stiff dough

Preheat wafer iron to a slow count of 14 on each side. Remove from fire and brush lightly with lard or butter. For small balls of dough, place each one in centre of iron. Close and lock, and hold back in fire for a slow count of 10 on each side.

To reheat wafer iron, return to fire after each use.

Yeast

Day 1: Put 1 cup hops in two quarts of water. Boil well for nearly an hour. Put 1 cup brown sugar in a crock and strain the hops and water mixture through a cheesecloth into the sugar. Put 1 cup flour into a bowl and add enough water to make a smooth, runny mixture. Add to the crock. Put crock in pantry with a tea towel over it until it ferments.

Day 4; to finish yeast: Boil six medium potatoes. Drain and mash potatoes and add to crock with a pinch of salt. Yeast is ready to use.

Mrs. E. Franks demonstrated how to make a fool-proof omelette, beef Bolonaise, a french salad and Zabaglione, an Italian dessert. Her address is 9 Cluny Avenue, Toronto, Ontario.

David and Joan Nichols showed Variety Fare viewers how they approach the pleasant task of being a host and hostess in their own home. Both of them are members of the oldest gastronomic society in the world, La Chaine des Rôtisseurs, started in Paris in the 13th century. Their address is Apartment 611, 66 Pacific Avenue, Toronto 165, Ontario.

Here is one of their recipes:

Broccoli with Velouté Sauce

Cook the fresh broccoli by standing the tough stems in the water and the flowerettes upright to steam --that way the stems are cooked through without the tops disintegrating. Cook 15-20 minutes. Drain, reserving the liquid chop the broccoli and keep warm. Or cook frozen broccoli according to package.





### Velouté Sauce

Make a roux by placing a piece of butter the size of a walnut in the pan; heat until softened and add a dessertspoonful of flour. Cook very gently for a few minutes until the roux has a slightly nutty flavour. Be careful not to brown mixture. Add one cup vegetable water or chicken stock (homemade or from a cube). Cook until thickened, adding salt, pepper, and grated nutmeg to taste. Set aside and keep warm, or make the day before and reheat, adding a little more liquid if sauce has become too thick. Add sauce to chopped broccoli, mix gently and keep warm in the oven.

Mr. I. Sokur demonstrated how to make fried cottage cheese cakes on the Variety Fare series. His address is 102 Bannockburn, Toronto, Ontario.

### Fried Cottage Cheese Cakes with Spiced Honey Sauce

1 pound regular-curd cottage cheese	$\frac{1}{2}$ teaspoon nutmeg
2 egg yolks	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup fine granulated sugar	$\frac{1}{2}$ teaspoon salt
$\frac{1}{3}$ cup all-purpose flour	$\frac{1}{2}$ cup all-purpose flour
$\frac{1}{2}$ cup fine bread crumbs	$\frac{1}{2}$ cup fine bread crumbs

Combine all ingredients (except flour and bread crumbs) in mixing bowl. Mix well with a wooden spoon. Mix flour and bread crumbs well and spread on wooden board.

Take approximately 3 rounded tablespoons of batter and drop onto flour/bread crumb mixture on the board. Form into round patties. Turn over to coat all surfaces with flour/crumb mixture. Fry in oil/butter until golden colour. Turn over and fry on other side.

Serve immediately with spiced honey sauce.

### Spiced Honey Sauce

1 cup liquid honey	$\frac{1}{4}$ teaspoon ground cloves
$\frac{1}{4}$ teaspoon cinnamon	$\frac{1}{4}$ teaspoon ginger
$\frac{1}{4}$ teaspoon nutmeg	

Combine and bring to boil. Set aside.

Mrs. E. Watley demonstrated meal preparation for working women who may find entertaining a problem. She showed viewers how to make cherry pie and chicken. Her address is 164 Hudson Avenue, Toronto, Ontario.





### Cornstarch Moulding Clay

Mrs. Garrett teaches Creative Recreation at Centennial Community College. With her mother she teaches crafts at Centennial in the evening.

Telephone: 694-3241

### Cornstarch Moulding Clay

Prepare clay one day before it is to be used. Mix 2 cups baking soda, 1 cup cornstarch and 1/4 cup water in a saucepan. Cook mixture over a medium heat, stirring it constantly until it is the consistency of mashed potatoes. Let cool 10 minutes. Knead like bread dough till it is smooth. Store at room temperature, in a plastic bag.

### Crochet

Mrs. M. Mintz teaches embroidery, crochet and creative needlecraft at Seneca College in the summer, for North York Parks and Recreation. In the winter, she teaches the same subjects for the University Settlement House (Senior Citizens). Her address is 550 Fairlawn Avenue, Toronto 12, Ontario.

Telephone 783-8740 (Mrs. Mintz)

Telephone 225-4611 (North York Parks and Recreation)

D.

### Day Care

For information, contact Ms. E. Stapleford in the Department of Community and Social Services, Hepburn Block, 7th floor, Queen's Park, Toronto.

E.

### Exercise

Mrs. L. Smythe teaches a "keep fit" course in adult education for the North York Board at Thornhill Secondary School.

F.

### Facials

See Make-up entry.





### Flower Arranging

Mrs. A. Meiklejohn teaches flower arranging at the Civic Garden Centre. For a description of services provided at the Civic Centre, see the Apartment Gardening entry in this booklet.

Telephone 445-1522

### Furniture Care

Handyman Pete Spence is the author of a booklet called Roll Back the Years: Dedicated to the Care and Restoration of Old and Not-So-Old Furniture (\$2.00). This and other pamphlets are available from Mr. Spence at S&S Publications, Box 632, Downsview, Ontario.

H.

### Hypnosis

Bill Carson teaches an evening course in Basic Hypnosis at Humber College. For a free booklet on hypnosis plus information about Mr. Carson's private classes, write 212 James St. South, Suite 202, Hamilton, Ontario.

Telephone 525-1644

K.

### Kitchens

Kenny Burrows, of Kenny's Kitchen, can be contacted at 10 Queen Street, Niagara-on-the-Lake.

Telephone (416) 468-3981

M.

### Macramé

See entry on Board Art in this booklet.

### Make-up

Nancy Jones works at Edith Serei, 145 Yonge Street, Toronto.

Telephone 366-7933





### Make-up (natural)

Linda Pope operates the Face and Body Place. She sells natural beauty products, books about natural beauty care, and offers advice about natural remedies.

### Face Mask for Acne

- 1 tablespoon bran (this is soothing to sensitive skin)
- 1 tablespoon baking soda (this is warming and drying)
- 1 tablespoon honey (this helps paste adhere and brings dirt to surface)

Mix into paste and spread on face. Avoid area around eyes. Leave on fifteen minutes or as long as possible. The more relaxed you can be during the facial the better.

### Mouth to Mouth Resuscitation

Mr. W. Court of St. John's Ambulance did the demonstrations on Variety Fare. St. John's Ambulance conducts several first-aid evening courses throughout the city and will do mouth to mouth demonstrations for groups on request. More information is available from St. John's Ambulance, 46 Wellesley St., Toronto.

Telephone 923-8411

N.

Natural Beauty Products  
See Make-up entry.

Needlepoint  
See Crochet entry.

P.

### Papier Mâché

Mrs. Kugler teaches courses for the Scarborough Department of Parks and Recreation and the Civic Garden Centre. Anyone wanting to take one of these courses should contact Mrs. Tucker of Scarborough Parks and Recreation or the Civic Garden Club.

Telephone 759-4747 (Scarborough Parks and Recreation)  
Telephone 445-1552 (Civic Garden Club)

### Papier Mâché

To make clay: Tear up several newspapers into tiny pieces and





beat them in boiling water. Change the water two or three times to get rid of excess ink. When the mixture looks like oatmeal porridge, gently squeeze or strain off the excess water. Measure newspaper pulp and add an equal amount of flour and salt (4 parts flour to 1 part salt). Clay will keep indefinitely in a covered container in the refrigerator.

Build up item to be covered with strips of newspaper dipped in glue. When this is dry coat the item with clay, roughly 1/4" thick. Let dry.

Before painting, seal with gesso. This can be purchased at hobby stores.

R.

Re-education for Women

Ms. Marnie Clarke is the Director of the Centre for Women at Humber College.

Telephone 677-6810

S.

Sewing with Tape

See Crochet entry.

